

FAMILY HUB NETWORK

AUTUMN *2025 edition* Newsletter

The right support at the right time and at
the right place.



Dear colleagues, We're pleased to share with you the latest news from Harrow's Early Help Service, including exciting developments in our Family Hub programmes and updates on the fantastic work happening across our borough in partnership with the voluntary and community sector.



SPOTLIGHT ON WEALDSTONE YOUTH HUB

Summer 2025 Highlights

This summer, Wealdstone Youth Hub has been a hive of activity, providing Harrow's young people with safe, supportive, and inspiring opportunities to connect, learn and thrive. From unforgettable trips like Watford FC Stadium Tour, Legoland adventures, to Dance and Movement workshops provided by the Mental Health Support Team - designed to boost confidence and emotional wellbeing, the Hub had delivered a vibrant programme tailored to the diverse needs of our community. Working alongside partners, the Hub has also offered specialist support through services such as Compass Elevation, ensuring young people and families can access early help when it's needed most.



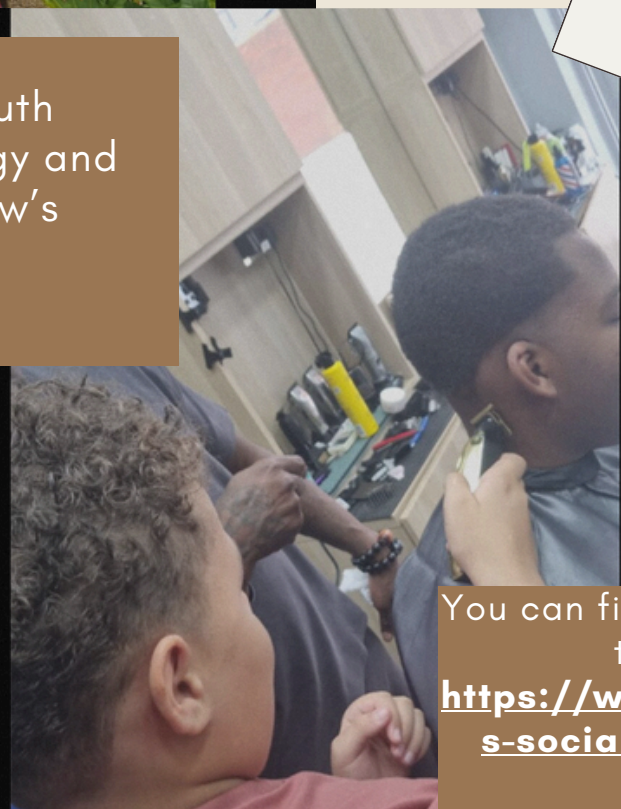
The Wealdstone Youth Hub continues to be a cornerstone of Harrow's Early Help offer bringing together fun, friendship, and vital support under one roof.



Highlights



✨ Wealdstone Youth Hub brought energy and creativity to Harrow's young people this summer. ✨



You can find the Wealdstone Youth Hub time timetable here:
<https://www.harrow.gov.uk/children-social-care/wealdstone-youth-centre>



FAMILY WELLBEING FAIR

- SUMMER 2025

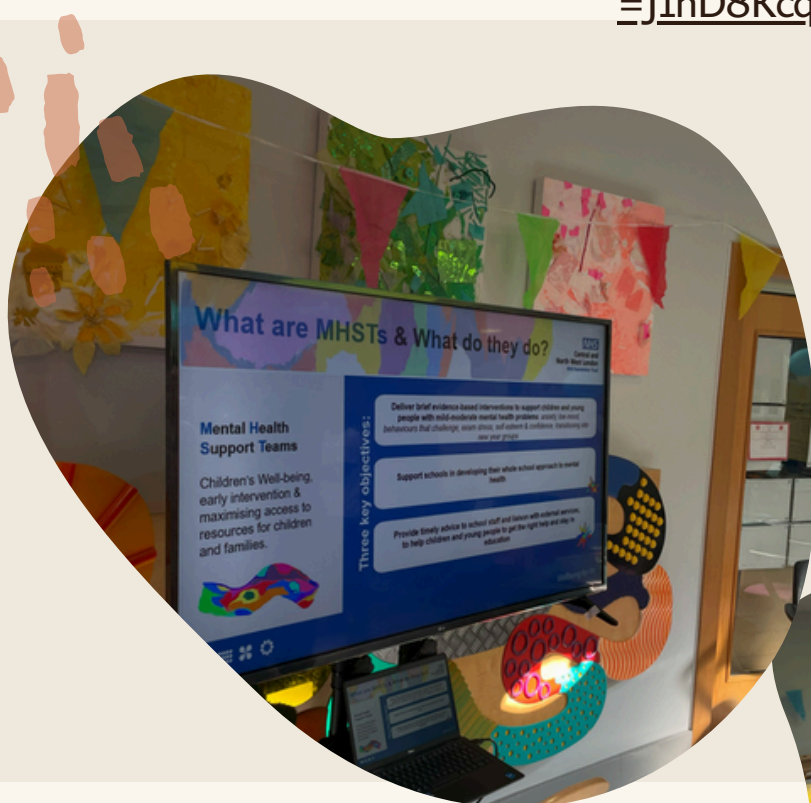
The Family Wellbeing Fair was a vibrant day of connection, discovery, and support. Organised by CNWL NHS Harrow Mental Health Support Team (MHST) and the Early help Family Help Network. The fair showcased the wide range of services available locally and through Harrow's Children's.

With partners including Public Health, Ignite Youth Harrow, Crowning Greatness CIC, Harrow Association of Somali Voluntary Organisations, Inner Light Yoga, and Compass Elevation.

Catch more highlights on the Young Harrow Foundation's [Instagram](#) or [Facebook](#)

Instagram: https://www.instagram.com/p/DNVmfNQMFoQ/?igsh=MWcwdTFveXFia3AyeQ%3D%3D&img_index=1

Facebook: https://www.facebook.com/story.php?story_fbid=1102600145301056&id=100066532435796&mibextid=wwXlfr&rdid=J1hD8KcqZ2U1fwgh




HARROWS FAMILY GROUP CONFERENCE TEAM

STRENGTHENING FAMILIES, BUILDING RESILIENCE



Are you part of a community or voluntary sector service? Would you like to play a role in supporting families to build resilience and strengthen their own networks of support? Family Group Conferences (FGCs) provide a safe and empowering space where families, with the support of their wider networks, make meaningful decisions that help them thrive. By working together, families can create solutions that positively impact their children and strengthen the whole family structure

If you'd like to find out more about how you can get involved, contact Harrow's Family Group Conferencing team at:

 fgcservice@harrow.gov.uk

*We're keen to hear
from you!*



family group conference

1 What is an FGC?

A Family group conference is a structured decision-making process whereby the wider family and friends network are the decision makers. The FGC enables them to work together to problem solve a specific issue that will promote child/young person wellbeing and safeguards. The aim of the model is to empower families through voluntary service (consent driven) to accept responsibility for their own family.



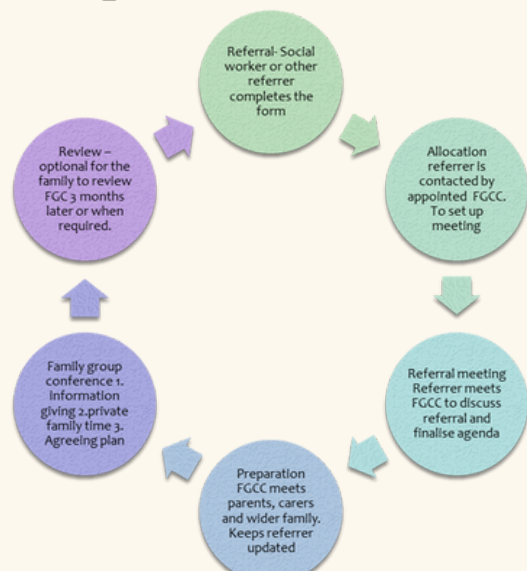
2 The role of the children

In a Family Group Conference (FGC), a child's role is to share their thoughts and feelings about what's happening. Their input helps the family make decisions that are best for them. The child can also say who they trust and want support from during the process.

3 Advocacy

An advocate can be arranged to support an adult or child in the conference and this can be discussed with the FGC coordinator.

4 The process



The referral:

- Ensure person/s with PR has given consent!
- Ensure contact details are up-to-date in Mosaic and shared on referral form.
- Be prepared to provide any additional info and regular updates to the coordinator. Help develop questions for the conference.
- Be available to attend the conference.
- Lead professionals will review the family plan to ensure safety.
- If an emergency arises, arrange for a colleague to attend the conference to support the family.

5 focused areas of our work

- Safeguarding
- Children looked after by social care
- Family support & pre-proceedings
- Children with disabilities
- Young people transitioning to adult social care
- Kinship carers



6 How do you contact us?

The Pinner Centre, Chapel Lane Car Park, Harrow HA5 1AA
fgcservice@harrow.gov.uk

FGC REFERRER FEEDBACK SURVEY





Parent/carer-child Dance Fitness!



Join us for 6 weeks of a FREE inclusive dance fitness course for parents/carers and under 5 aged children!

We especially welcome families facing additional challenges or disabilities.

A joyful way to move and connect - together!

Dates: Friday 12th September - Friday 17th October

Time: 10:30 - 11:30am

Venue: Old Lionians Sports & Social Club

74 Pinner View, Harrow HA1 4QF

FREE to attend

FREE onsite parking



✨ More about Harrow Parent Carer Forum:

Harrow Parent Carer Forum is a supportive, independent group of parents and carers of children and young people with special educational needs and disabilities (SEND). We work together to share experiences, give families a stronger voice, and influence local services to better meet the needs of our children. We run friendly, in-person coffee mornings every fortnight, and host events, workshops, and consultations to connect families and share information. We also work collaboratively with the local authority, health partners, and local charities to ensure parent carers' views help shape a more inclusive Harrow.

Website: <https://harrowparentforum.org/>

Harrow Parent Carer Forum CAMHS Coffee Morning

CAMHS
Child and Adolescent
Mental Health Services

“Join us at our next Coffee Morning –
CAMHS will be on hand to answer your
questions!”



Meeting ID: 810 2663 3526
Passcode: 220791



**Friday 26
September
10.00 - 12.00**



**FREE onsite Parking
FREE refreshments**



**Old Lionians Sports &
Social Club, 74 Pinner View
Harrow HA1 4QF**

This is a fantastic opportunity for parent carers to:

- **Ask questions directly to CAMHS professionals**
- **Find out more about support available**
- **Connect with other families in a relaxed setting**
- **Zoom option available**

**[https://us02web.zoom.us/j/81026633526?
pwd=mbuaBsQns2MRC3z7v0wz9mju2R2bca.1#success](https://us02web.zoom.us/j/81026633526?pwd=mbuaBsQns2MRC3z7v0wz9mju2R2bca.1#success)**

FAMILY HUB NETWORK Bright Minds Institute

"Calling all Harrow professionals working with young people: Two proven pathways for brighter futures"

BRIGHTPATH

(Ages 5–25)



BrightPath provides structured coaching that strengthens both academic success and emotional wellbeing. Delivered fully online, one hour per week for six months, the programme is designed to complement family and school support.

- ➔ **For children (5–11):** Structured help with homework and core subjects, plus encouragement to develop healthy habits at home.
- ➔ **For teens (12–17):** Exam preparation, study strategies, and resilience-building to manage stress.
- ➔ **For young adults (18–25):** Financial literacy, job search skills, and life coaching for future readiness.

Parents are actively engaged throughout, ensuring progress is sustained beyond the sessions.

Why It Matters:

Studies show that young people who receive structured coaching for just 5–6 months report higher academic attainment, improved confidence, and measurable wellbeing gains.

BrightPath equips young people with stability, confidence, and tools for success – laying the foundation for their next steps.

NextGen Dev



NEXTGEN DEV

The Digital Disruptor Crew
(Ages 5–25)

NextGen Dev is a direct pathway into technology, training, and future careers. Designed for young people from challenging backgrounds, it provides hands-on, practical skills that make a difference from day one.

Young people learn ethical hacking and digital problem-solving through guided projects.

They graduate with certificates, trophies, and keepsakes that celebrate achievement and boost self-belief.

We support every participant in taking the next step – whether into further training, college, or entry into a career path in tech.

Why it matters: The UK faces an annual shortfall of over 14,000 cyber security professionals (UK Government Cyber Security Skills Report, 2022). Demand for digital skills far exceeds supply, making programmes like NextGen Dev vital in preparing the next generation.

Previous cohorts have already seen young people progress directly into college places because institutions were impressed with their participation.

REGISTER NOW

Contact Us:

✉ hello@brightmindsinstitute.org

Spaces are limited. Are you ready?

Bright Minds Institute – Pathways for Young People (5–25 years)

The Blue Magpie Foundation's Bright Minds Institute runs two flagship programmes in Harrow: BrightPath (ages 5–25) and NextGen Dev (ages 14–25). BrightPath offers fully remote, weekly coaching that combines academic support with wellbeing, engaging parents to embed healthy habits at home. Our current focus is NextGen Dev, running from September 2025 to March 2026 at Cedars Children's Centre. This fully funded programme equips 14–18 year-olds with practical digital skills in cybersecurity and technology, alongside certificates, trophies, and pathways into further training or careers. Previous cohorts have already seen participants progress directly into college, with admissions teams recognising the value of this achievement.

A SYSTEM TO STOP HIDING IN THE SHADOWS AND BECOME THE SUPERSTAR YOU ARE.

THE BACKSTAGE
TO

CENTRE

Stage

MUSIC

MENTORSHIP

FREE

BOOK
HERE

ONE ON ONE MENTORSHIP IN MUSIC
DEVELOPMENT

**One on one intensive Mentorship
programme for young people**

For more information, scan the QR code or
contact:

EMAIL: Crowninggreatness@gmail.com

TEL: 07305270696



SCAN ME

**FAMILY HUB
NETWORK**

FUNDED BY COFE 6 CROWN STREET ENDOWMENT FUND

SEPTEMBER TO MARCH-
EVERY TUESDAY
4-5PM AGED 9-16
5-7PM AGED 16-18 (UP TO 19-25 FOR SEND)
(1HR SLOT AVAILABLE PER YOUNG PERSON, PER MONTH)

LOCATION: WEALDSTONE YOUTH
CENTRE 38-42 HIGH ST. HARROW HA3
7AE



CROWNING GREATNESS C.I.C.

A SYSTEM TO STOP HIDING IN THE
SHADOWS AND BECOME THE
SUPERSTAR YOU ARE.

THE BACKSTAGE
TO
CENTRE
Stage

FREE

LEVEL 1

**MUSIC PROGRAMME
SEPTEMBER 2025**

EXPERIENCE VOCAL COACHING,
SONGWRITING, MUSIC PRODUCTION, STAGE
PRESENCE, POSITIVE MINDSET, PUBLIC
SPEAKING, TEAM COLLABORATION AND
MORE...

**Winter programme for young
people aged 8yrs-25 yrs**

For more information, scan the QR code
or contact:

EMAIL: Crowninggreatness@gmail.com

TEL: 07305270696

**BOOK
HERE**



CROWNING GREATNESS C.I.C.

FUNDED BY COFE 6 CROWN STREET ENDOWMENT FUND

**WED 10TH SEPTEMBER -
WED 15TH OCTOBER
5-7PM**

**LOCATION:
ART PARK, GREENHILL
WAY, HA1 1LE, HARROW**

Please see link to register: <https://forms.gle/DHR3eorZMDwwdS1N8>

Please see Website for more information:

<https://youngharrowfoundation.org/projects/details/the-backstage-to-centre-stage-music-winter-programme>



Working Together for a Stronger, Healthier Community

Our Services

- **Welfare & Benefits Advice:**
One-to-one guidance on Universal Credit, housing, and entitlement support.
- **Health & Wellbeing Support:**
Personalised information and signposting for physical and mental health.
- **Mental Health Awareness & Support:**
Culturally appropriate workshops, peer support, and referrals to services.
- **Chronic Illness Support & Workshops:**
Awareness sessions and community-led workshops on diabetes, heart health, and other long-term conditions.
- **Parent & Carer Information and Advocacy:**
Practical support for navigating schools, health systems, and local services.
- **School Support & Engagement:**
Help with school meetings, interpreting, attendance, and behaviour matters.
- **Youth Mentoring & Development:**
One-to-one support, leadership coaching, and pathways to volunteering.
- **Saturday Supplementary School:**
Culturally enriching education and tutoring in core subjects for young people.
- **Holiday Activities Club:**
Fun, structured learning and meals for children and young people during school holidays.

Get In Touch:



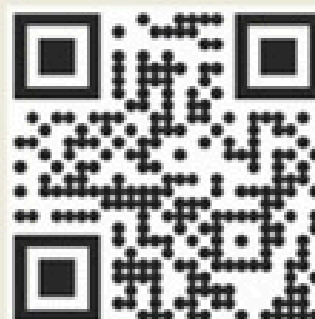
Printing House
66 Lower Road Harrow HA2 0DH



info@hasvo.org
www.hasvo.org



0208 423 5948



FREE

FAMILY HUBS, EARLY HELP & INNER LIGHT C.I.C

YOGA WELLNESS WORKSHOP



GENTLE FLOOR YOGA (SUITABLE FOR ADULTS - ALL LEVELS)
YOGA MATS PROVIDED (DON'T FORGET YOUR CUSHION / BLANKET)

**A JOURNEY THROUGH YOUR BODY'S ENERGY CENTRES
DESIGNED TO ALIGN YOUR MIND, BODY AND SOUL**



SCAN TO BOOK

MONTHLY RETREAT MONDAYS:

15TH SEPT, 13TH OCT, 10TH NOV, 8TH DEC 2025

CEDARS CHILDREN'S CENTRE, WHITTLESEA ROAD, HA3 6LS

10:30AM-12:00PM

HILLVIEW CHILDREN'S CENTRE, 2 GRANGE ROAD, HA2 0LW

1:00-2:30PM

PLEASE REGISTER YOUR INTEREST - LIMITED SPACE AVAILABILITY

BOOKINGS @ WWW.INNERLIGHT.YOGA

ENQUIRIES: 020 8736 6222 | @RISEWITHINNERLIGHT



Website: <https://www.momoyoga.com/innerlight/schedule>

VIBE TRIBE

FREE

**SOCIAL CLUB FOR KIDS
AGED 5-18 WITH
LEARNING DIFFICULTIES &
ON THE AUTISM SPECTRUM**

**Arts & crafts, games,
outings, disco,
and so much more**

FUN

Tuesdays: 4-6 PM

At Cedars Children's Centre

Whittlesea Road, Harrow, HA3 6LS

Wednesdays: 4-6 PM

At Wealdstone Centre

38-40 High Street, Harrow, HA3 7AE

**Every second Wednesday of the month
held at Cedars Children's Centre**

Whittlesea Road, Harrow, HA3 6LS

JOIN US NOW!

✓ **By H A D**

✉ k.madhan@had.org.uk

☎ **020 8861 9920**





If you are more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

Find out more at
www.healthystart.nhs.uk



Healthy Start is a national scheme for pregnant women and families on a low income with children under 4 years, which provides them with a Healthy Start card to buy fruit, vegetables, pulses, milk and to collect free vitamins for mother and child.

For more information and to see if you and your family are eligible, please visit:

<https://www.healthystart.nhs.uk/> or scan the QR code.

To find out where you can collect the vitamins in Harrow, please visit: <https://www.harrow.gov.uk/health-leisure/healthy-start>



LONDON BOROUGH OF
HARROW

FAMILY HUB NETWORK

Early Help Drop-In Sessions

Location:

Wealdstone Youth Centre
38-40 High Street, Harrow,
HA3 7AE



**EVERY WEDNESDAY (SCHOOL
TERM-TIME ONLY)**




10:00 AM – 11:30 AM

WHO'S IT FOR?

**PARENTS AND CARERS IN HARROW SEEKING SUPPORT,
ADVICE, OR A FRIENDLY CHAT. WHETHER YOU HAVE
QUESTIONS OR JUST WANT TO CONNECT, WE'RE HERE FOR
YOU.**



 **Book your appointment using contact
details below – walk-ins welcome!**

 **CONTACT US: 0208 416 8667**

EMAIL: WEALDSTONEHUBBYOUTHoffer@HARROW.GOV.UK

WEBSITE: [HARROW.GOV.UK/FAMILYHUBS#SITES](https://www.harrow.gov.uk/familyhubs#sites)

Stronger Relationships

For parents and other adult carers living together or apart



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online sessions



6 group discussions



Certificate on completion

What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.

Find out more or register for the course by scanning the QR code or emailing us at: sfscparent@racefound.org.uk



How to Register



1

Go to: www.strengthening-families.net/reducing-parental-conflict/



2

Select a course, either **Parenting Together** or **Parenting Apart**



3

Select a day of the week and time for your **group discussion** from the options available



4

Complete your contact details



5

Answer a short questionnaire



6

Click on 'Your profile' and you can start your course



FOR PARENTS & CARERS

HEALTHY FAMILIES: RIGHT FROM THE START

FREE 8-SESSION PROGRAMME

Helping families give their little ones the best start in life.

**SIGN UP
TODAY!**

A unique programme supporting parents and carers of children aged 0–5 to:

- Build skills to support your parenting journey with confidence.
- Discover simple fun ways to keep your little ones active.
- Explore healthy meals and snacks that work for the whole family.
- Create family routines that support a balanced, happy lifestyle.
- Strengthen family bonds and make everyday moments special - together.

Programme details:

When:
Starting Wednesday 1st October 2025
2025 and running for 8 weekly sessions
(no group during half term)

Time:
9.30am-12.00pm

Where:
Kenmore Park Children's Centre,
Warneford Road, Harrow, HA3 9HZ

FREE crèche spaces available!



You'll also receive a **FREE** toolkit packed with resources to help you along the way.

contact us:

Pop in to find out more or call us on 020 8416 8400
you can also email: earllysupporthub@harrow.gov.uk



LONDON BOROUGH OF
HARROW





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- Create family routines that support a balanced, happy lifestyle.
- Strengthen family bonds and make everyday moments special - together.

Programme details:

When:

Starting Thursday 2nd October 2025 and running for 8 weekly sessions (no group during half term)

Time:

9.30am-12.00pm

Where:

Chandos Children's Centre, 78 Chandos Avenue, Edgware, Harrow, HA8 6JH

FREE crèche spaces available!



Contact us:

Pop in to find out more or call us on 020 8736 6550
you can also email: earllysupporthub@harrow.gov.uk

You'll also receive a **FREE** toolkit packed with resources to help you along the way.



LONDON BOROUGH OF
HARROW



KEY EARLY HELP

CONTACTS

YOUNG HARROW FOUNDATION

<https://youngharrowfoundation.org/weareready>

THE JOY APP

<https://services.thejoyapp.com/>

CHILDREN'S CENTRE & YOUTH OFFER

Instagram: @Wealdstone.youthhub

Facebook: www.facebook.com/harrowCC

Email: earlysupporthub@harrow.gov.uk

Website: <https://www.harrow.gov.uk/familyhubs#sites>

SUPPORT FOR CHILDREN WITH SEND

<https://harrowparentforum.org>

www.adhdandautism.org

<https://www.specialneedscommunity.org.uk/>

www.harrow-sendias.org.uk